



BECOME A MEMBER OF THE BEST WELLNESS CENTER IN THE WASHINGTON, DC AREA!

The Washington Seniors Wellness Center (WSWC) was established in May 1985. WSWC is a health promotion partnership between the District of Columbia's Office on Aging and East River Family Strengthening Collaborative, Inc. (ERFSC).

WSWC's programs are based upon the following:

- ✚ Healthy lifestyle promotion through awareness
- ✚ Self-responsibility for health

ELIGIBILITY AND PARTICIPATION:

- ✚ DC resident
- ✚ 60 years old and over
- ✚ Must have a desire to explore wellness activities within a group setting
- ✚ Contributions are accepted

OUR PHILOSOPHY

WSWC's philosophy is to focus on incorporating all aspects of the health dimension - physical emotional, psychological and spiritual - in its activities and services.

Although functionally, the centerpiece of the Center is health education, which is delivered mainly through classes, discussion, lectures, etc. - the interconnections of the recreational and social impacts help to cement the concept of wellness which permeates the Center.



WASHINGTON SENIORS WELLNESS CENTER

3001 Alabama Avenue, SE
Washington, DC 20020

Tel: 202-581-WELL (9355)

Fax: 202-575-2736

Hours of Operation: 8:00am to 5:00pm

The Washington Seniors Wellness Center is opened Mondays through Fridays

8:00am to 5:00pm

The mission of East River Family Strengthening Collaborative, Inc. is to empower families, youth and communities to become more self-sufficient through integrated and collaborative community based services.

Visit us online at www.erfsc.org



Part of the Senior Service Network
Supported by the D.C. Office on Aging

This program is operated by:



FREQUENTLY ASKED QUESTIONS

Q I have not exercised in years but would like to start. Do I have to get clearance from my doctor in order to engage in physical activities at WSWC?

A Yes. During the Orientation session, you will be given a Physician's Release to take to your doctor who will clear you to participate in exercise activities. You may elect to NOT engage in exercise activities if you so desire.

Q Am I allowed to bring guests to the Center, even if they do not want to become members?

A We require that anyone who visits the Center sign in and out. Guests are allowed but we are always recruiting for new members.

Q Do I need to purchase any special equipment or clothes in order to exercise?

A WSWC has a fully equipped gym with all the equipment you will need to exercise. You will, however, be required to wear proper exercise clothes such as sneakers and loose fitting clothes such as sweatpants and t-shirts.

Q Are meals provided at WSWC?

A Meals are not a part of the program at WSWC; however, our nutritionist provides nutrition education and occasionally makes various recipes which participants get to sample. You can bring a snack with you to the Center.

Please contact the Washington Seniors Wellness Center at 202-581-WELL (9355) if you have other questions or concerns.



THE WASHINGTON SENIORS WELLNESS CENTER EXPERIENCE

WSWC HAS A PROVEN RECORD OF HELPING SENIORS THRIVE THROUGH EDUCATION, FITNESS AND NUTRITION

ORIENTATION SESSIONS:

- Prospective members should attend an orientation session. Sessions are held at the WSWC on Mondays at 11:00am and Thursdays at 2:00pm.

ACTIVITIES SCHEDULE:

- Core program of classes (Monday through Thursday) on a pre-set schedule
- Health & Nutrition workshops and seminars are also scheduled
- Six (6) morning or afternoon tracts from which to choose.

YOU WILL EXPERIENCE THE FOLLOWING CORE CURRICULUM:

- Safe Exercise
- Nutrition
- Health Dialogues
- Medication Management
- Disease Prevention

WSWC has an active Members' Assembly and a variety of activities: **Bowling, Games, Pool Table, Water Aerobics, Knitting/Crochet, Bingo, Line Dancing, Tai Chi, Yoga, Literature Reading Group, Tennis, Bible Study, Social Activities (Birthday parties and out of town trips) and much more!!!**